

Adult Education

Santa Barbara City College Adult Education

Alice F. Schott Center, Room 28

310 W. Padre Street, Santa Barbara, CA 93105

Phone: 805-687-0812

To register: <http://omni.sbccc.edu/adulted>

Saturday, March 13, 2010, 9 am to 4 pm

(Dovetails with Friday, March 12, 2010, 12:30-2:30 pm, Workshop at Casa Esperanza)



Writing as a Way of Healing

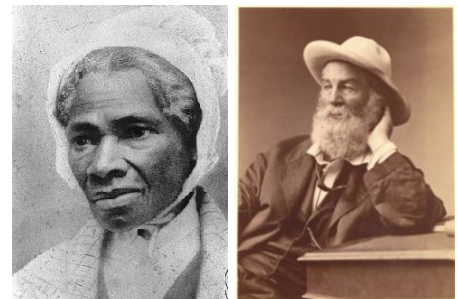
Scientific studies demonstrate that writing about one's deepest thoughts and feelings can enhance well being. Thomas Wolfe described writing as a storm, a river, a flood and elemental force that has to find release. He said, "...if energy of this kind is not used...it will eventually destroy and smother the person who has it." Using Wolfe's mandate as a jumping off point the goal of the workshop is simply to get your feelings on paper. Please bring pen and paper.

Saturday, May 15, 2010, 9 am to 4 pm

(Dovetails with Friday, May 14, 2010, 12:30-2:30 pm, Workshop at Casa Esperanza)

Writing as a Defiant Act and Call to Healing

In this day-long workshop we will concentrate on freedom of self expression while delving into the writings of Sojourner Truth and Walt Whitman. Whitman wrote, "...I nourish active rebellion" and Truth, an emancipated slave, said to an aggressive and hostile crowd of men in 1851, "Where did your Christ come from? From God and a woman! Man had nothing to do with Him." Both authors pioneered writing as an act of defiance in American letters. Please bring pen and paper.



Facilitator: Drawing from life experience and an advanced degree in Creative Writing and the Medical Humanities, Lawrence Spann, PhD, approaches writing through lives and works of poets, writers, luminaries, song writers, artists and historical figures. He is a physician assistant at Sansum Clinic and has worked in health care for over 30 years.

